

Family Assistance

offers free legal assistance for the following benefits programs:

- **ABD (Aged, Blind or Disabled)** – A monthly cash grant (\$197) and medical benefits.
- **MCS (Medical Care Services)** – A state medical program for people who are unable to work for at least 90 days.
- **HEN (Housing & Essential Needs)** – Provides rent, utility and transportation assistance, as well as hygiene and cleaning products.
- **TANF (Temporary Assistance for Needy Families)** – A monthly cash grant for families with dependent children.
- **SNAP (Supplemental Nutrition Assistance Program)** – Assistance for purchasing food for financially eligible people (also referred to as Food Stamps or Basic Food Assistance).
- **Washington Apple Health (Medicaid)** – Health Insurance for adults and children.
- **WCCC (Working Connections Child Care) / CCSP (The Child Care Subsidy Program)** – A subsidized child care program for families who are working or meeting WorkFirst participation requirements.



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Family Assistance

Legal assistance for single adults & families with public benefits issues



Are you having problems
with your DSHS cash, food,
medical or child care benefits?
Speak with a Family Assistance
attorney through Solid Ground.

Family Assistance

206.694.6742

Family Assistance is a program of...



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*A program of Solid Ground,
Family Assistance is provided in partnership
with the Alliance for Equal Justice.*